

## Nia Dance Classes



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Find out more!  
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*The focus  
is  
enjoyment*

**Nia Dance Workshop at Under the Edge  
Arts W-u-E. Thursdays 10–11am.  
£5.00 Drop in**

This Workshop is suitable for anyone new to Nia, or a seasoned student. Learn how to listen to the distinctive Nia music. Find out where the links are and how to connect the steps with the music. Have fun becoming proficient with Nia dance. Improvise, embellish and allow yourself to go deeper into an appreciation of Nia. This session's focal point is in the Nia Dance Arts: Jazz, Modern and Duncan Dance.



Check out the website  
[www.niadance@hotmail.co.uk](http://www.niadance@hotmail.co.uk)

While the focus is enjoyment the choreography of each session is designed to gently move every joint and muscle in the body. The atmosphere of the class is uncompetitive. You are, encouraged to think about yourself and to just go with the flow of the music.

Depending on the person's level a routine can be lively or a less vigorous dance can be adopted. Movements can be tuned to one's ability, toning the muscles, increasing mobility and flexibility. The class that I attended included a varied age range and at the end of the session there was a feel of achievement and looks of radiance all around! I am returning next week.

Christine Davis resident in Wotton-under-Edge, discovered Nia for herself 3 years ago and has found it a most enlightening form of exercise which has enhanced her life. She enjoys teaching Nia to mixed classes daytime and evening.